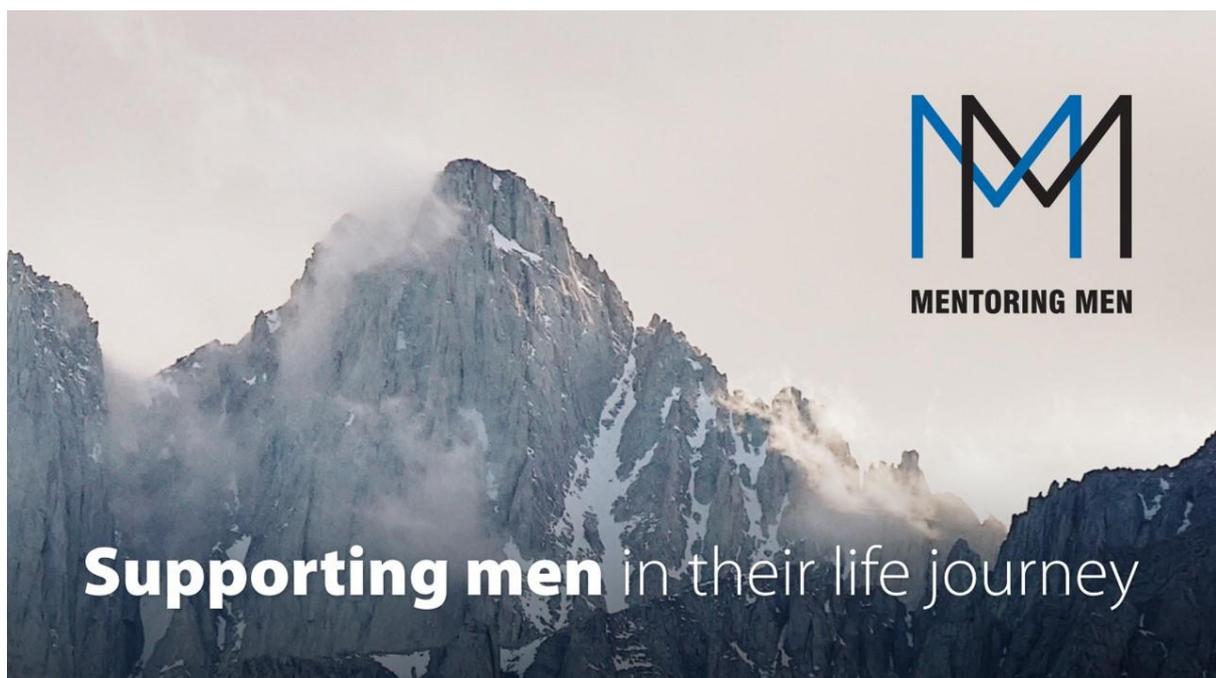




**MENTORING MEN**

# **ANNUAL REPORT 2019**



## Annual Report – 2018/2019

### 1. Director Report – Ian Westmoreland

What an amazing twelve months it has been since Mentoring Men was officially launched, in November 2018. A quick look at the key achievements below shows what an exhilarating journey this has been so far – and we have only just begun!!

I want to first acknowledge, and thank, the volunteer mentors who give their time, talents and life experiences to help another man on his life journey. They have come into our program with passion, enthusiasm, care and wanting to support another man - unconditionally. This human spirit is not only alive and well in our community but is infectious with many new mentors continually coming into our program to Mentor, and sometimes to be a Mentee. Without them we would be unable to operate. I also want to thank the men who have joined our program seeking a mentor, by taking the step forward to ask for a Mentor. Men come into our program seeking a mentor, for a plethora of reasons but they have one thing in common - they recognize the benefit that a neutral and unconditional conversation with another provides. We applaud the men who are now in a mentoring partnership, as we see the direct benefits to both mentor and mentee and ultimately, our communities.

The program started because I also was in the position of wanting to have a “life” mentor however at that stage there was no suitable program available. There were no free programs available for men, by men which I yearned for.

As I reflect on this year, contemplate the next year and consider what we need as a Foundation, I sincerely want to thank an anonymous donor who provided financial support at a key time in our journey. This donation enabled us to develop and expand our free program without being financially constrained, and therefore immediately negated any concerns to slow down. The timing of this donation could not have been more perfectly timed, so in closing I know that with the generosity of mentors, mentees, volunteers and the community, we are in safe hands to continue our vision.

Ian Westmoreland

Founder

## 2. Mission

Our mission is “supporting men in their life journey”. We do this through providing “one on one” non-judgemental support and encouragement, and a listening ear to men to help with whatever challenges they are experiencing. These challenges may be widespread including mental health (men suffering from distress, suicidal thoughts, anxiety or depression), loneliness or social isolation, goal setting (in order to lift themselves out of their current situation), lack of confidence or a sense of helplessness, substance misuse, self-harm or harming others, and many more life challenges that are faced every day.

Our screened and qualified mentors are professionally trained to focus on the needs of the individual, and as an organisation, we accept men as they are. We are not affiliated with any religious or political organisations and all men regardless of their race, religion, sexual orientation or any other classification are welcome to apply for the Mentoring Men program.

Mentoring Men addresses the biggest gap in the existing Australian mentoring landscape as it is the only widely available “one-on-one” free life mentoring program for men. There are very few programs in Australia that offer support to men however there are hundreds of programs for young people, women, children and families. Mentoring Men seeks to provide mentoring programs for men, by men, and in particular men who need help before a crisis occurs or escalates, not simply during a crisis. There is much research around supporting people mentally, emotionally and spiritually as early as possible to reduce further stress, secondary stress and provide hope for the future. Our hope is to make a real difference in the lives of men who may be experiencing periods of anxiety, depression, distress, helplessness or low self-esteem.

By offering our programs for free, and therefore accessible to everyone, we can help prevent challenges from escalating into more serious or life impacting situations. By offering men, the opportunity to talk to another man in a trusted relationship, it enables them to open up in their own time, be vulnerable in a safe and respected space, thus developing a stronger sense of self to be able to move forward. They are able to share their feelings and be open about their challenges with mental health, self-esteem and substance misuse, and the causes of these ‘symptoms’, such as a breakdown of relationships or a dramatic change in life, work or financial circumstances. All of which empowers the individual to work through their situation, to understand and therefore develop coping strategies leading to a great sense of likelihood and courage of what the future may look and feel like. Research shows that in Australia, male suicide rates are over three times female rates, and over one in three men (37%) aren’t

satisfied with the quality of their relationships, typically not feeling emotionally connected or supported – alarming statistics that Mentoring Men hopes to address. In 2017, 3128 people took their own life equating to around 8 people a day of which 6 were male. This is not acceptable.

### 3. Vision

Because our approach of providing “one on one” support can help prevent issues escalating into serious and life-threatening situations, it is imperative that we grow our program to be able to respond to any man willing to take the step forward to seek help and support. We recognise the value of a business plan and as such aim to outline here our vision for the next three years of operation. Our goal is to significantly increase the awareness and knowledge of the Mentoring Men program so that ultimately thousands of Australian men will become curious, will step forward and either

- become a mentor,
- seek a mentor,
- donate or volunteer their time
- help Mentoring Men build a growing network community of men supporting men.

As our Mentoring Men Ambassador, the Federal MP for Berowra, Julian Leeser states:

*“I am concerned by recently released data from the Australian Bureau of Statistics (ABS), showing that the national suicide rate increased by 9.1 per cent over 12 months... We know social isolation is a contributor to poor mental health, particularly for men. That’s why programs such as the Mentoring Men program are so important. Having a structured program focused on goal-setting and personal development will help build confidence and self-esteem. The combination of mentoring and mateship is a powerful mechanism to engage and support men through some of life’s challenges.”*



#### 4. Key Achievements: Launch – to 30 June 2019



Mentoring Men have achieved an incredible amount in such a short space of time, we are so thankful to every individual, male and female who have come into our organization to support our mission, our vision and our growth. Here are key highlights of the last twelve months:

- Official Media Launch with our ambassador Julian Leeser launching Mentoring Men (November 2018).
- Official Mentoring Men Public Launch and Fundraiser (November 2018).
- Initial web site launched (November 2018).
- First 2 Day Mentor Facilitation Course held (November 2018) – these are now held every 1 to 2 months. This is a comprehensive training program in Mentoring and will be reviewed every twelve months to ensure relevancy, incorporate any new research and overall to increase the quality of content.
- First attendance at the Lifeline Accidental Counsellor Course (November 2018) – Mentoring Men attendees now participate at these courses most months.
- First Radio Interview held (November 2018) – we now have a regular monthly Mentoring Men spot on the HHH “Monday Focus” program.
- We commenced promoting Mentoring Men at various local markets and shopping centres (December 2018).
- Mentor Support Sessions commenced (January 2019).
- First of our monthly Men’s Forum held (January 2019).
- Our first mentoring relationship established (January 2019).
- Mentoring Men official registered with the ACNC (January 2019).
- First Crowdfunding campaign launched (February 2019).
- Community presentations commenced (May 2019).

## 5. Key Achievements – from 1 July 2019 to present

We are proud to report that we have seen a constant growth in the number of people wanting to be a volunteer mentor, and an increasing growth in the number of mentees.

- New Web Site launched (July 19).
- First Comedy Fundraising Night held (August 19).
- Canberra Trip to promote Mentoring Men to the Federal Government and to mark World Suicide Prevention Day (September 19).
- Mentor and Mentee Surveys launched (October 19).
- First Men's Walk & Talk event held (November 19).
- Dads on the Air interview recorded (November 19).
- Conducted our first Community Pitch (November 19).
- The ACNC approved our Deductible Gift Recipient (DGR), PBI (Public Benevolent Institution) status (November 19).
- As at November 19 there are over 50 trained mentors and over 30 mentoring relationships underway with several more relationships near establishment.
- Relationships have been established with a growing number of referring agencies including Mission Australia, Salvation Army and local psychologists.
- We have hosted several Men's Breakfasts with attendance consistently increasing.
- Mentoring Men articles feature regularly in the print media especially the Monthly Chronicle and the AMHF (Australian Men's Health Foundation).



## 6. Future Plans

- Submit our first Perpetual grant application (November 19).
- Submit our first The Funding Network (TFN) grant application (November 19).
- Provide Mentoring Men presentations to corporates (December 19 onwards).
- Establish fortnightly Men's Walk & Talk events to build on the success of our inaugural walk on International Men's Day on 19 Nov 19 (December 19 onwards).
- Hold our first event to climb Mt Kosciuszko to create awareness of the Mentoring Men program and also raise funds (January 20).
- Create online application forms and automate back end processes to reduce administrative support.
- Move into office accommodation.
- Engage professional & other personnel to help expand the Mentoring Men program.

## 7. Top Strategic Priorities for 2019/2020

- Consolidate the foundation that has been established in the initial year.
- Engage professional and other personnel to perform key roles in different locations eg. mentee intake/assessment, mentor training and mentor support.
- Increase the level of automation of support systems.
- Support the projected increase in the number of mentors, mentees and mentoring relationships.

## 8. Finances

<b>Year</b>	<b>Income</b>	<b>Expenditure</b>	<b>Balance</b>
2018/2019	\$27,547	\$8,342	\$19,205
2019/to date	\$9,159	\$13,508	\$14,855
2019/2020 (projected)	\$250,000	\$250,000	
2020/2021 (projected)	\$500,000	\$500,000	
2021/2022 (projected)	\$1,000,000	\$1,000,000	



*“No man should walk alone”*